

## ABSTRACT OF THE INVENTION

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A safety handlebar is described in which telescopic handgrips are provided at the two opposing outer ends of the tubular frame of the handlebar. In each embodiment described, a shaft and an outer cover are locked together for telescopic movement on each tubular outer end of the handlebar frame. A bias member in the form of a coil spring biases the grip portion outward away from the tubular ends of the frame. A dampening mechanism is provided to retard the return of the grips to their original position after they have telescoped inward after impacting with the user. A hydraulic dampening system employing grease and an pneumatic system employing air are described.